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Service part of Wartburg heritage

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Service, one of Wartburg's four key pillars, is an important component of life on campus. Last school year, 120 students participated in service trips across Fall Break, Winter Break and Tour Week.

"It's just rooted in our heritage, it's who we are as a college," said Kristen Tieg-Torres, director of Community Engagement.

Tieg-Torres believes service is a core part of Wartburg because it's prevalent in everything on campus, from the curriculum to student organizations.

"Some of the biggest help we received when the floods happened in September were sports teams," she said. "It's ingrained in our culture here."

For students, Tieg-Torres said some of the easiest ways to get involved are through service trips or the Volunteer Action Center (VAC).

Service trips travel to different parts of the U.S. to serve in various communities.

Anna Askegaard, student service trips director, said service trips are a great way to help people in need while having fun and meeting new people.

She also said there are opportunities for students to get outside their comfort zone.

"Students gain a new understanding of the injustice in the world as well as gain the experiences that come with serving people less fortunate than themselves," she said.

Askegaard said it's inspiring to see so many students spend their breaks to serve in the world.

Junior Paige Nowaczyk went on her first service trip during Tour Week of 2016 and said she had an awesome experience.

The trip traveled to Tennessee to work on the hiking trails. S

he said she didn't know many people on her trip beforehand, but they developed great group chemistry by the end.

"Doing service was wonderful because everyone in the group was committed to working hard and we got to spend the week enjoying the outdoors," she said.

To participate in service in local areas, students can go to the VAC. It has community partners in Waverly, Waterloo and surrounding communities for students to work with.

They also plan events, such as the two weeks of service, St. Elizabeth's Week and Martin Luther King Week.

Lauren Rupprecht helps during a Backpack Pack, where students filled bags with non-perishable food items for low-income children to take home from school on the weekends. — Olivia Jansen/ ***TRUMPET***

They also plan blood drives, which usually are held twice a year.

Katherine Bomgaars, student director of the VAC, said the community sends their requests to the VAC, which then reaches out and connects students to help those in need.

During the flood, Bomgaars said they received many requests for help.

Because there was such a high need, she said they posted locations on their Facebook page so everyone would know where help was needed.

"I think when students volunteer they get a greater respect for other people's needs," she said. "It can be a transformative experience to not focus on oneself."

Reformation celebrates 500th anniversary

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Throughout the course of the year, Wartburg has been celebrating the 500th anniversary of the Reformation.

Those celebrations will continue over the summer and into the next school year.

The Reformation was a movement in the 16th century that called for reform from the Roman Catholic Church. It was initiated by Martin Luther and eventually led to the creation of the Reformed and Protestant churches.

"The ongoing Reformation is also really important to us because we're not studying what happened back then," Rev. Ramona Bouzard said.

"But we're saying, who are we now as a college that's committed to educating the whole person, educating all people to support learning for everyone."

Bouzard is a member of the committee planning all of the celebration events throughout the year. She said they focused on things that are normally part of campus life to help students learn through those events.

One of their biggest events this school year will take place Oct. 31, the official 500th anniversary of the Reformation.

On that day, all classes will end at 11:15. From 11:30-12:30 a celebration will be held in the chapel, where the choir will sing and Dr. Kit Kleinhans will give a short presentation.

Then students can pick up lunches from around campus and join small groups of faculty, staff and students to discuss various topics.

"We'll be talking about who we are as a college and what our ongoing mission is as we look at being a place that reforms and brings together the world," Bouzard said.

Christmas with Wartburg will incorporate a Reformation theme into their program this winter. Bouzard also said the Homecoming theme goes along with the Reformation as well.

Incoming freshmen for the 2017 school year will be introduced to the Reformation through there IS 101 classes. Every section of the class will be reading Martin Luther: A Very Short Introduction by Scott H. Hendrix.

Jette Irgens, Pathways assistant director for First Year Experience, academic advising and student success, said the book will be easy to include during class conversations about leadership, service, faith and learning. She said the book looks at all aspects of Luther and the Lutheran faith.

"He was a flawed human and the book doesn't shy away from describing him as a whole person and asks tough questions about the Lutheran heritage," Irgens said.

Chris Knudson, director of marketing and communication, is also contributing to the celebration by creating a heritage wall that will be displayed in Luther Hall.

The mural will highlight Wartburg's heritage and history. There will be interactive elements and a video screen incorporated as well. It should be completed by Homecoming.

"The heritage wall's purpose is to educate visitors and the campus about where we come from and how our history and heritage informs who we are today," Knudson said.

Bouzard hopes students will take advantage of all the learning opportunities being provided during the semester. After all, Luther wanted to educate everyone, she said.

"Learning is not an end in itself, it's a vehicle by which we can live out our callings and by which we can serve the world," Bouzard said.

Reformation Anniversary Events

Oct. 31, 2017	500th Anniversary of the Reformation Celebration
Week of Nov. 17, 2017	St. Elizabeth Week of Service
Dec. 1-3, 2017	Christmas with Wartburg: From Heaven Above

Student body president and vice president Q & A

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Student Body President Karl Jaeschke and Vice President Naomi Alene discussed their plans and goals for the upcoming school year.

Why did you want to run for Student Body President and Vice President?

Jaeschke: I understand there's something larger than myself. I never pictured being president to benefit myself. It was not intended to be a resume builder or a feather in my hat. There is a need for someone with passion and people have expressed that I have great passion and am an intelligent leader.

Alene: I always wanted to run. I have a heart for Wartburg. I always have ideas on how things could change in the Senate since I was the Executive Assistance of Diversity (EAD) on the executive team. I never seemed to have a platform to talk about these issues before, now I can. I also love to hear what other people have to say on the Senate.

What are you guys excited about?

Jaeschke: To see what we can do as a Senate. The foundation of our campaign is we want to 'say yes before we say no' to any suggestions.

Alene: The two of us are all about empowering the senators and see what they are passionate about and acting on it and how we can impact the whole student body.

What are your goals for the year?

Jaeschke: I want to create a senate where there's a climate that every Senator buys in to. In years past senators have dropped out because they do not enjoy being on the senate. We want to decrease the amount that leave the senate.

Alene: We want to create a climate where any issue can be talked about and we will tackle it head on.

Any new events for next year?

Alene: I want to get a winter Outfly so bad. It's hard but I'm going to try.

How involved would you two like to be on campus next year?

Jaeschke: I want to be at every single event. Before I ran I tried to make it to a lot of campus events.
Alene: I was previously the EAD, so I know what being involved on campus is like and being part of the Senate is like.

What are possible changes coming for next year?

Jaeschke: Going back to the environment of the Senate, we want there to be suggestions in the senate and eliminate the environment of 'I know what is best, things will be done my way,' otherwise there is no listening taking place in the senate.
Alene: Agreed, everyone should get a say without being pushed aside.

What are the biggest challenges you face?

Jaeschke: The environment that is in place creates a lot of pushback. We want to avoid that attitude next year. Another challenge is the fine line between inclusion and diversity on campus. You see students sitting at the same tables every single day in the Mensa, never branching out. There are declining numbers at events, and we want to push to people to get involved.

Alene: It's not easy to change the culture of the senate and the student body, so one of the challenges is getting people on board with what we want to do.

When is Outfly next year?

Jaeschke: Yeah, that's my answer
Alene: Tomorrow.

Naomi Alene and Karl Jeschke have a lot of goals for the upcoming school year in their new roles. **—Submitted photo**

Lorenzo Quinones (front) and Eric Dunkel enjoy the luxury of their own rooms in Knights Village. —Will Coonradt/***TRUMPET***

Living on campus tips

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Dorm life is a new, fun, and nerve-racking reality for all first year college students.

If you're a freshman at Wartburg, you will be living in Clinton Hall or the Centennial Complex.

Resident assistant Emily Carroll has these words of advice for freshman.

"Be open to meeting new people, by really taking advantage of your first year," Carroll said.

Carroll met her best friend her freshman year and values the process of dorm living.

"It's a challenge because you have to get used to living with a roommate," resident assistant Sulibeth Velez said.

Centennial Complex is the oldest dorm on campus and at times looked down upon, in spite of this Velez said she really liked it because the rooms were big.

When it comes time to decide on housing options, Velez advises eligible students to consider a resident assistant position.

"I think it's a great opportunity, you get to know a lot of people on campus" Velez said.

For students not interested in RA positions, future sophomores have the option of living in the Manors, Founders, the Complex, the Res and Lohe/Grossman halls.

Knight's village and Clinton are the only housing options excluded from sophomores and juniors.

Rooms from one to eight people are available to students.

Students should plan ahead of time, once they find the people they want to live with because rooms get filled up quickly.

Have a backup plan in case students don't get the desired rooms.

Carroll also advises students to plan ahead because the application process can take a bit of work.

Campus residency can be stressful at times.

Wartburg College offers an experienced group of staff that is available to assist students in need, which is made up of resident assistants and other personnel in the Student Life office.

Students should contact Student Life or Counseling Services if there are any issues with housing or stress.

Dining Service options available at Wartburg

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Dining Services can be a deciding factor for which college to go to, Margaret Empie, Wartburg's Assistant Vice President for Dining and Retail Services, said.

Empie says colleges use dining services to give prospective students a better idea of what the college atmosphere is like.

"Schools really do use food as their fancy service," Empie said. "The food service is a selling point. I would say that my goal is to not be a losing point."

Wartburg offers a variety of food options: meal transfers, sack lunches, special diets, and the number of meals students can get each week.

Empie says one of the biggest aspects of dining services is the variety of meal plans that students have to choose from.

Board plan meals can also include points, or dollars, that students can use at other dining locations on campus.

Sarah Roberts says she has the 12-meal plan, which includes 200 points each semester.

"I use my points more often than not," Roberts said. "If you don't feel like going to the main dining hall or you don't have time, then it is convenient to go and grab something from one of the other dining places."

Empie said she wants students to not be focused on how they are going to eat meals each day, which is why Wartburg has a variety of alternate options.

Meal transfers are one way to provide a convenient dining option, Empie says.

Empie also said that colleges across the country do a variety of options for meal transfers, such as getting a takeout container from the main dining hall.

Wartburg uses GET, an online food ordering system that fills orders to alternate dining locations on campus.

"We do almost 400 meal transfers a day. We are the top user of the GET program in the whole country," Empie said.

Roberts frequently takes advantage of the meal transfer option.

On Monday and Wednesday nights, Roberts orders a meal transfer before her night class.

"I enjoy getting meal transfers, because it gives me another option and still use my board plan," Roberts said. "It is something that I can grab and take to class."

Another part of dining services is coordinating the need for special diets, because of a medical condition. These diets can include lactose and gluten-free diets, Empie said.

Empie said there are 10-12 Wartburg students each semester that need special diets.

Each student that needs a special diet, sets up a meeting with Empie when they first come to campus. Then, students work out a schedule with Shelly Geweke, Nutrition and Services Advisor, for when they need special meals made each week.

"We have to make it as safe as we can," Empie said. "They just need to know that we will help them through it."

Overall, Empie said dining services has a lot happening behind the kitchen and dining halls.

She also says her main goal is to serve the students in the best possible way.

"It takes a lot to keep food service running," Empie said. "The goal is that you are eating and getting what you want."

Sarah Roberts enjoys a healthy meal transfer. There are more than 400 daily meal transfers. —Riley Cole/***TRUMPET***

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Upperclassmen's advice for new students

Megan Kaestner
Class of 2017

"You have to be comfortable being uncomfortable. Take a leap of faith. Open yourself up to new opportunities. New things are ahead of you."

Cody Birely
Class of 2018

"Keep an open mind. There will be so many new ideas and opportunities coming your way in the next four years and you will not want to miss out on them. This is your experience—make it count!"

Sarah Roberts
Class of 2018

"Wartburg offers small class sizes, so you get to know your professors. The professors are always willing to help, all you have to do is ask!"

Travis Gudenkauf
Class of 2017

"Get involved in a lot of things. The easiest way to transition to college is to get to know people."

Holli Gorman
Class of 2017

"Don't conform to what other people think you should be. Stay true to yourself."

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Rule of 46 in college

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College students are often looking for time to get homework done while finding time for other activities.

With this, students are often stressed, Megan McMillin, of the Noah Campus Health Clinic, said.

"I think we all have more time than we think we have, it's just a matter of keeping a good routine," McMillin said.

On average, students have up to 46 hours of free-time per week according to a study by professors at the College of St. Scholastica and the University of Minnesota Duluth.

"I feel like I have a lot less free-time than 46 hours a week," Abby Klug, an English-history major, said.

Klug is a cheerleader and an ambassador at Wartburg.

She works at the campus bookstore and is part of the Homecoming committee. She also has to find time for her job in Cedar Falls.

Blake Shipman, a religion major, said 46 hours seems to be more than what he has available.

"With Ritterchor, Castle Singers among other things, I don't see myself with that much free-time every week," Shipman said.

McMillin said with 46 hours available per week, students still struggle to find time for academics and extracurricular activities.

As a result, McMillin says students are often stressed in college.

McMillin said students are incredibly busy in and outside of the classroom.

"That's a real issue as far as time management, it can lead to stress, which can lead to physical symptoms and emotional issues," McMillin said.

She said if you are chronically stressed it can lead to an actual diagnosis of depression and anxiety.

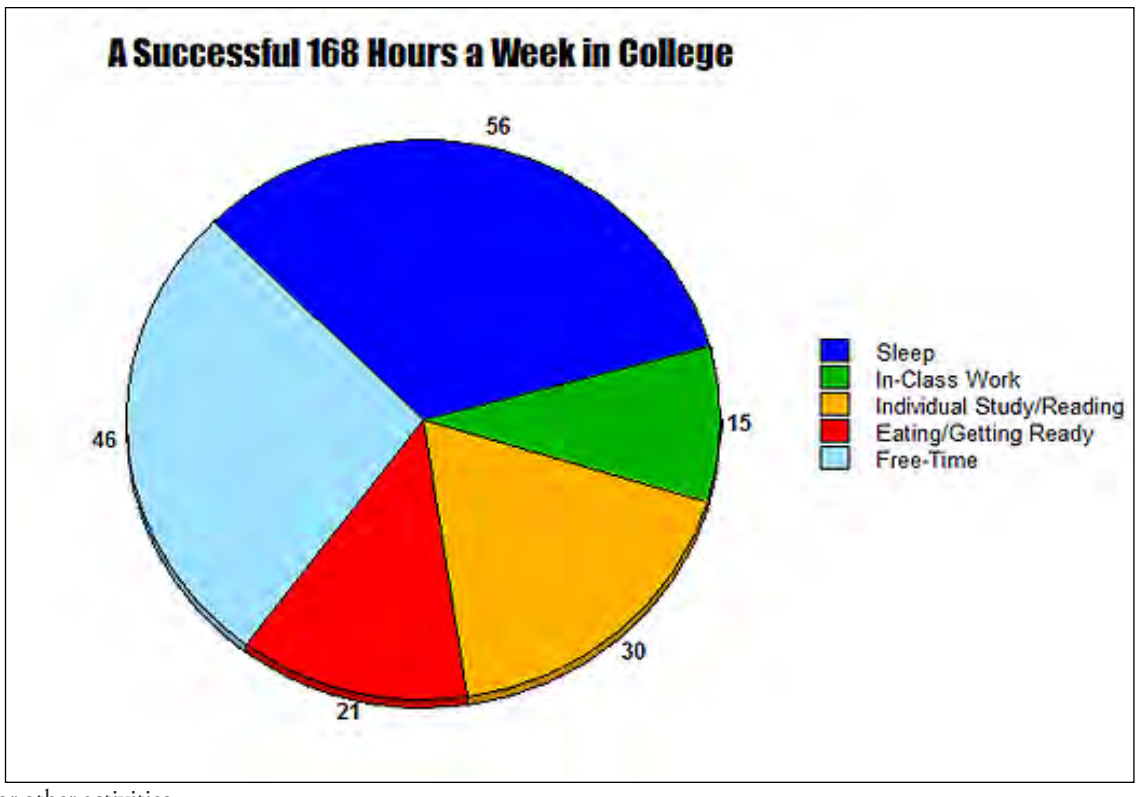
It can also lead to high blood pressure and heart problems, McMillin said

Shipman said if he can map his days out he can avoid stress and get what is most important done first.

"Who hasn't felt stressed before?" Shipman said. "It's inevitable to be stressed when you're in college."

McMillin said the busier students are and the less sleep students get, the harder it is for them to cope with things emotionally.

Even with eight hours of sleep each night, students should have free time for other activities.



—College of St. Scholastica and University of Minnesota Duluth

Klug said keeping to her schedule is important since she has a job both on-campus and off-campus.

Klug tries to avoid the stress of a busy schedule daily.

"I often tell myself 'I have to take a break,' I also try to give myself time to hang out with friends to help avoid stress," Klug said.

Klug said students coming into college need to find themselves and prioritize what is most important to them.

"I had a really big problem with procrastinating last year. I sometimes didn't study for exams until the last moment, there were times I wouldn't get to work on projects until it was almost too late so I am trying to get out of that routine," Klug said.

McMillin said the best way for students to avoid falling behind and avoid stress is learning proper time management skills.

She said students that are stressed need to get help.

"It really benefits students to prioritize what's important to them. We do not like to see them come in physically and emotionally exhausted," McMillin said.

Financial Aid: An impactful resource for students

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Most college students rely on financial aid to pay for their schooling, Jennifer Sassman, director of Financial Aid, said.

At Wartburg, Sassman said the financial aid office has a stigma associated with it.

"When a lot of people think of financial aid, probably negative comes to mind, because it is loans, I didn't get enough," Sassman said. "We like to see ourselves as more of a resource to students and we would like students to come in and use us as a resource."

One of the ways Sassman suggested students use the Financial Aid office is by setting up an appointment with a financial aid counselor.

Bailey Strait said she chose to set up an appointment with a financial aid counselor during her junior year at Wartburg.

Strait said she met with Erin Amsberry, Wartburg Financial Services coordinator, to discuss her finances for this school year.

"I found that when I went in there and talked with her [Amsberry], she was able to help me step-by-step understand what the best process would be to finish paying off my school year."

One challenge Strait has faced while trying to pay for college is the rising cost of tuition.

"With the rising costs, I have found that you do not get the scholarships you did in past years," Strait said. "The hardest part right now is finding a way to cover my financial problem."

On-campus jobs, scholarships, grants and saving money are just a few ways to avoid taking out a student loan, Sassman said.

Strait works three on-campus jobs, as a Knight Vision camera operator, Resident Assistant and Zesty Orange cashier, to help ease the financial burden she faces while studying at Wartburg.

Sassman said working on-campus provides unique opportunities for students, including networking and exploring campus life.

"Working on campus has a lot more benefits, than just the paycheck," Sassman said. "I think you interact with more people across campus when you work on-campus. You are building your network more, so you can cast your net out a little bit further."

Strait applied for scholarships at her high school and online. She receives two different types of scholarships: donor-based and outside.

Donor-based scholarships are ones that Strait said she received, as part of donations from Wartburg community members and alumni.

Outside scholarships are ones that she went through an application process for.

"It is really important to look for them [scholarships]," Strait said. "Even the smallest amount of money goes a long way."

Sassman said she strongly encourages any students that are struggling with their finances to schedule an appointment with a financial aid counselor.

"We can help guide them and make it not so scary and help point them in the right direction."

Football ready for fresh start

Matt Sacia scrambles in last year's Homecoming game against Simpson College. The Knights went on to beat the visiting Storm 20-6. — File Photo

TYLER FRENCH *EDITOR-IN-CHIEF*
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After a disappointing 6-4 (5-3) finish last year, the Wartburg Knights Football team is ready to kick off a new season.

The team returns more than a handful of starters on both sides of the ball, including most of the skill position players of an offense that averaged over 35 points per game last year. One of those players is senior wide receiver, Riley Brockway, who led the team with 59 catches and was a second team All-Conference selection last year. Brockway said having so many players returning will be a big boost for the offense.

"It builds confidence in us, we know we have the guys here who can do big things," Brockway said.

Head coach Rick Willis also lauded some of his returning players, but also said there are still openings in the starting lineup that have yet to be settled. Those positions include the starting tight end spot as well as half of the defensive backfield.

On offense, the Knights will be led by Brockway and junior quarterback Matt Sacia as well as seniors, wide receiver Griffin Brennecke and running back Connor Schrader.

Eyes will be on Sacia to see his development heading into his second year in the starting spot. Last season, Sacia accounted for nearly 3,000 total yards and 24 passing touchdowns and will need to produce more of the same as a junior.

Wartburg brings back a lot of experience on the defensive side of the ball with returning starters such as senior Sam Ambrose and junior Peyton Imhof. Also returning this year are fifth year seniors Blake Beckman, Chris McNutt, and Rob Rottler, all of whom have been solid contributors over the past couple years.

Rushing the passer could be a struggle this year after graduating last year's sack leader Dalton Ciavarelli, but do return players such as seniors Hunter Baldus and Dillon Rademaker, both of whom are adept at putting pressure on the quarterback.

Willis said while rushing the passer is a defensive priority, it may not have a huge effect on the play calling.

"You're still gonna see us be aggressive, but the key to being a great defense is being able to get pressure on the quarterback without always having to blitz to do it," he said.

After going several years without a conference title and after last year's finish, this year's squad might be overlooked by some people, but Rottler said they prefer it that way.

"If teams don't expect us to come in and give them our best shot, they are gonna be surprised when we get there," Rottler said.

Wartburg opens the season on Sept. 9 against Monmouth College.

Football Schedule:
9/9: Monmouth College, 7 p.m.
9/16: @ Simpson College, 1 p.m.
9/23: Washington University (St. Louis), 1 p.m.
9/30: Coe College, 1 p.m.
10/7: @ Central College, 1 p.m.
10/14 (Homecoming): Loras College, 1:30 p.m.
10/21: @ Luther College, 1 p.m.
10/28: University of Dubuque, 1 p.m.
11/4: @ Buena Vista University, 1 p.m.
11/11: Nebraska Wesleyan University, 1 p.m.

Knights set for potential three-peat season

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After dominating the Iowa Conference in the regular and post seasons a year ago, the Wartburg volleyball team is looking to start this season where they left off.

After graduating only three seniors, the Knights volleyball squad returns most of their starters from last season. One of the most pivotal pieces of the team's success last season is the defending conference MVP, Aryn Jones. Jones is a senior this year, and she has stepped up to the plate (or net, if you will) and become a leader for her younger teammates. Jones said she feels somewhat obligated, but she's fully embracing her new role.

"I'm enjoying all of it; meeting all the new girls and seeing their passion. I'm excited to see how they're going to develop over the next four years," Jones said.

Another key returner this season is junior "setter" Mallory Erbes. Perhaps one of the most versatile players in the conference, Erbes can play any position on the floor, and posted two triple-doubles last season as a result. She wasn't exactly high on the radar before last season, but Erbes said she's excited to see what her being cemented into the starting lineup will bring.

"This year I have a lot more confidence, having a better idea of what my role is going to be," Erbes said.

"I'll do whatever the team needs me for. I want to give as much as I can whenever I can, and I'm excited to have a better idea of what's going on going into the year. I'm excited for the potential we have as a team."

Despite retaining most of the major players, there is one major part of last year's success that will not be returning this season.

All-conference libero Katheryn Nasby transferred to Augustana University in Sioux Falls, South Dakota to play at the Division II level.

Nasby left some big shoes to fill, but Coach Walker said she has no worries in finding a replacement. Right now, Walker said, it's between freshman Katie Foster and senior Bre Bader.

"Bre has improved tremendously from last year, and she's acting out there, she has experience. Katie is coming in with raw talent and athleticism. She's quick, she reads well. She's still getting used to the college game, but, man, she looks really good."

The Knights open their season with six straight games away from home before returning to Levick Arena for the annual Knights Classic on Sept. 15-16.

Despite not playing for a home crowd for several matches, Jones said being on the road can only help the team going forward.

"We're starting off in Nashville playing teams we know nothing about, so that's always a good challenge," Jones said. "Then learning from those experiences and bringing them back at Loras and Northwestern gets us prepped and ready for our home games."

The first home game of the season is on Friday, Sept. 15 at 7:30 against Augustana.

Aryn Jones and Lizzie Blough go up to knock down a kill attempt from Gustavus Aldolphus in the NCAA Tournament.— File Photo

Men's soccer under new management

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Mike Madigan has begun his tenure as head coach of the Wartburg men's soccer team, and is focused on improving both the team's defense and its culture.

"The biggest piece is making sure that our culture, from what we're doing every day, is right," said Madigan.

Madigan has been deeply impressed by how the program has functioned in the past years, noting primarily their academic achievements.

"We consistently have one of the top GPAs in the country for men's soccer," said Madigan. "There's not a ceiling on how far you can go, whether that's on the athletic side or on the academic side," he said.

While Madigan is focused on insuring the culture of the team remains positive, his goals for the team on the field are equally as focused.

Ayo Adebayo, last year's tied top goal scorer, said that the team is focused on insuring their defense remains strong throughout the game.

Last year, 18 of the 25 goals the Knights conceded came in the second half of games, which Adebayo said is an area they need to fix.

"His main focuses [are] defense, efficiency, and also his pressing style," Adebayo said.

"Madigan has definitely put in his style he wants us to play and we've been starting to learn it, the pressing style of the game, so I think that's something we're going to keep working on."

Madigan said he was concerned about the defensive efforts in the second half of games, but said he is fixing this by ensuring that this year's team is better conditioned.

"I do think we've needed to make some changes or improvements on the conditioning side, which we have," he said. "That's part of my role… keep what's right, change what's needed. I think we've made some change on the strength and conditioning."

Adebayo said the renewed conditioning and strength in defense would allow his attacking group to focus on scoring more.

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